

primary studies - published RCT

Failure of conventional strategies to improve nutritional status in malnourished adolescents and adults with cystic fibrosis.

Code: PM16182685

Year: 2005 **Date:** 2005

Author: Kalnins D

Study design (if review, criteria of inclusion for studies)

Parallel design. Quasi-randomised controlled trial

Participants

< 90% ideal WFH or 5% reduction in ideal WFH over 3 months. CF participants aged >10 years. Age on entry to trial: advice group mean (SD) 16.4 years (6.7); supplement group mean (SD) 19.5 years (11.3). Most recent published report states 15 were enrolled but 2 dropped out. Although 2 out of 7 in the supplement group did not continue taking supplements, they were analysed as ITT

Interventions

Control group received nutritional counselling to increase energy intake by 20% of predicted energy needs by eating high calorie foods. Study period, 3 months. High calorie drink to increase energy intake by 20% of predicted energy needs

Outcome measures

Anthropometric measures* Z scores for weight* and height*, WFH* Pulmonary function* Energy* and nutrient* intake Faecal balance studies

Main results

There was no significant change in energy intake or percent ideal body weight in either group.

<http://dx.doi.org/10.1016/j.jpeds.2005.06.038>

See also

J Pediatr. 2005 Sep;147(3):399-401.

Keywords

Adolescent; Adult; Caloric Intake; Child; Counseling; Malnutrition; non pharmacological intervention - diet; non pharmacological intervention - psycho-soc-edu-org; Oral; Supplementation; training; Nutrition Disorders; Psychoeducation;